

You can thin down
long before your BABY will



Returning to your pre-pregnancy weight is always possible. Make good health a part of your postpartum routine by moving more, choosing nutritious foods, drinking plenty of water, and eating less.

shedding the pregnancy pounds—

THE TRUTH, THE EXCUSES, AND ONE GREAT SECRET

"I am a mother of three children all under age three. My friends and family are amazed when they see us all together. But what surprises them most is that after gaining a total of 173 pounds during my three pregnancies, I'm now at my pre-pregnancy weight. (First baby: 60 pounds; Second baby: 65 pounds; Third baby: 48 pounds)

It was tempting to just accept my new body. I could barely remember my 'old' body after three years of pregnancy. But I knew I'd be miserable if I stayed at that weight.

I started talking to myself everyday about what I had to do. I said things like 'you have to do it to keep up with the kids' and 'it will only get worse if I don't lose it now.'

One of my biggest excuses was that I didn't have time to be active. So I built activity into my daily routines. I walked to the park with the children and ran around with them. We played chase and hide & seek. I did sit-ups every night while watching TV. I didn't have time for formal workouts at the gym but I tried to walk after dinner every night.

Breastfeeding really helped me shed a lot of the pounds. It's a new mom's best weight loss secret! I also tried to eat healthy foods to keep my milk flowing. And I reminded myself to stop eating when full and traded candy for fruit.

My husband is a wise man. He never mentioned my excess weight. I love the way he looks at me now that I'm healthy and fit. But I lost weight for me. It makes me feel good about myself."

TIPS

- Don't finish off the food left on your child's plate.
- Encourage yourself by using positive self-talk.
- Breastfeed for easier weight loss.
- Keep busy and active to keep your mind off of food.
- During meals ask yourself: Am I full yet? And stop eating when the answer is yes.
- You can look fabulous again! Keep working at it and it will happen.



Ebony